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IN A DRUNKEN STUPOR?

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T.O.'S FORD WON'T FALL ON HIS SWORD

Toronto Mayor Rob Ford addresses the media at Toronto City Hall on Tuesday. Ford, who admitted to smoking crack cocaine, offered another emotional apology for his "mistakes," but says he loves his job and has no plans to step aside. Story, page 5. NATHAN DENETTE/THE CANADIAN PRESS

Off with their paycheques!

Hammer falls in expense scandal.
Pamela Wallin claims Senate suspensions make it a 'sad day for democracy'

Mike Duffy, Pamela Wallin and Patrick Brazeau were cast Tuesday into political purgatory — suspended by the Senate and reviled by their former Conservative colleagues, including the prime minister who appointed them.

All three maintain they're the victims of a politically motivated witch hunt aimed at putting a lid on a Senate expenses scandal that has engulfed Stephen Harper's government for almost a year.

"I think it's an extremely sad day for democracy," Wallin said as she exited the Senate chamber after the vote, her voice heavy with emotion.

"If we can't expect the rule of law in Canada, then where on earth can you expect it?"

Brazeau said nothing as he left the Senate. Duffy did not show up for the vote.

But while the vote to suspend the trio marks the end of a protracted and politically damaging debate, the shock waves wrought by scandal — and particularly by bombshell revelations dropped by Duffy — are still reverberating for Harper and his Conservative government.

All three, along with former Liberal senator Mac Harb, are under investigation by the RCMP for making allegedly fraudulent expense claims. There is no end in sight to the steady drip of revelations from the Mounties as they file court documents in pursuit of evidence.

Auditor general Michael Ferguson, meanwhile, has begun a comprehensive audit of all senators' expense claims, which could yet turn up more wrongdoing.

If others are found to have committed a "pattern of abuse," government Senate leader Claude Carignan said Tuesday that more sanctions could yet be meted out.

Harper's office expressed satisfaction with the suspensions, which followed weeks of emotional, often explosive debate, punctuated by bombshells from Duffy that directly implicated the Prime Minister's Office in the scandal.

"Removing these three senators from the public payroll was the right thing to do," the PMO said in a statement. "They should not be collecting a public paycheque."

THE CANADIAN PRESS

No money, mo' problems

Duffy, Wallin and Brazeau retain the title of senator and their health, dental and life insurance coverage, but get no pay and lose their Senate privileges and resources for the duration of the current parliamentary session, which could continue for two years.

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Athletics commission

New legislation could open door to MMA events

The Saskatchewan Party government introduced new legislation Tuesday to create an athletics commission, potentially paving the way for future mixed martial arts (MMA) competitions to be hosted in the province.

The proposed commission would consist of five members: An athletics commissioner, an adjudicator and three "subject matter" experts, according to a government press release.

MMA facility owner Anthony Scales said a provincial athletics commission would ensure competitions are "well-managed" and that participants are fairly treated.

Tourism Saskatchewan president Pat Fiacco added that hosting MMA events could attract countless sports tourists to the province. METRO

Verdict

Ex-residential school worker found guilty of molestation

A former supervisor at a Saskatchewan residential school has been found guilty of molesting several students in the 1960s.

Paul Leroux, who is now in his 70s, worked at the Beauval Indian Residential School.

A judge in Battleford court convicted Leroux on 10 of 17 charges involving boys at the school — eight counts of indecent assault and two counts of gross indecency

Leroux, who appeared to be stunned by the conviction, has been taken into custody until sentencing Dec. 5.

Leroux was sentenced to 10 years in prison in 1998 for abusing 14 boys and young men at Grollier Hall, a residential school in Inuvik, N.W.T., run by the Roman Catholic Church.

Those convictions were for gross indecency, indecent assault and attempted buggery from 1967 to 1979.

Leroux worked as an activities supervisor and guidance counsellor at Grollier.

CJNB/THE CANADIAN PRESS

Food bank usage on decline in province, report finds

2013 Hunger Count.
Centres in Regina, Saskatoon optimistic about decrease

MORGAN MODJESKI
Metro in Saskatoon

Method

Food Banks Canada produced the 2013 Hunger Count by taking a snapshot of food-bank usage in March 2012 and then comparing it year-over-year to a snapshot taken in March 2013.

Canada's food banks had fewer mouths to feed in 2013, but according to those on the ground in Saskatchewan there's still plenty of work to be done.

Food Banks Canada released its 2013 Hunger Count on Tuesday and findings show the province of Saskatchewan has seen an 8.8 per cent drop in the number of people seeking assistance.

"We're hopeful with the slight decrease in numbers," Laurie O'Connor, executive director of the Saskatoon Food Bank and Learning Centre, said Tuesday, noting the organization has seen a six per cent decrease.

"Most concerning to us is the levels remaining so high since pre-recession numbers," she added, noting Saskatchewan's current rates are still roughly 26 per cent higher than numbers in 2008.

"Those numbers are still concerning us and we would love to see a continued downward trend, but one has not necessarily been established. We're definitely cautiously optimistic."

Steve Compton, CEO of the Regina Food Bank, said they too have seen a decrease in the number of people using its services.

"We're happy to report that we have seen a decrease from last year of 10.3 per cent," he said in a phone interview on Tuesday. "We think in large part that's due to a better economy, a better employment market, and that's an encouraging thing."

Both Compton and O'Connor said while they've seen a decrease since 2012, the demographics of those using food banks are changing as both organizations are seeing more students, seniors, new immigrants and people with jobs.

The Regina Food Bank saw a 10.3 per cent decrease in the number of people getting assistance from 2012 to 2013, but officials say they're concerned that numbers in Saskatchewan are still 26 per cent higher than pre-recession 2008.

MORGAN MODJESKI/METRO IN SASKATOON

Changes loom for immigration program

Saskatchewan is changing its immigrant nominee program.

The changes include combining the family referral and skilled worker categories into the new international skilled workers category.

However, the changes don't end a rule introduced in May 2012 that said someone can nominate only one family member at a time instead of nominating multiple relatives all at once.

Immigrants said last year that the change — announced without notice or a phased-in period — was a betrayal.

But the province says under the new rules, more points will apply to international skilled workers with family connections.

There will also be a new category for foreign workers who are already living and working in the province.

"Saskatchewan's labour market has high demand for workers in a variety of occupations, and even with considerable investment in training and skills development for people in the province, we still rely on immigration to fill a number of high-skilled positions," Bill Boyd, minister responsible for immigration, said in a news release Tuesday.

Boyd said the changes will make it easier to attract and retain skilled workers from around the world to help the province's economy.

The changes kick in Jan. 2.

The province also says that the program will only accept applications electronically starting in January.

THE CANADIAN PRESS

Sochi Olympic torch off to space, North Pole, bottom of deepest lake

Olympic flame. The four-month Sochi torch relay, which started Oct. 7, is the longest in Olympic history

For the first time in history, the Olympic torch will be taken on a spacewalk.

The 2014 Sochi Winter Olympics torch will be sent to the International Space Station on board a Russian spacecraft this week and astronauts will then carry it outside the station. Here's a look at the Sochi torch.

THE SPACE CHARIOT

The torch will travel into Earth's orbit with the next space station crew, who blast off early Thursday from the Russian-operated Baikonur Cosmodrome in Kazakhstan. Russia's Mikhail Tyurin, NASA's Rick Mastracchio and Koichi Wakata of Japan are heading to the space station on a Russian Soyuz rocket that has been emblazoned with the emblem of the Sochi Winter Games.

FLAMES IN SPACE

For safety reasons, the torch will not burn when it's onboard the space outpost. Lighting it would consume precious oxygen and pose a threat to the crew. The crew will carry the unlit torch around the station's numerous modules before taking it out on a spacewalk.

A TORCH FIRST

The Olympic torch has flown into space before — in 1996 aboard the U.S. space shuttle Atlantis for the Atlanta Summer Olympics — but it has never yet been taken outside a spacecraft.

JUST PART OF THE JOURNEY

For most of the 65,000-kilometre route, the flame will travel by plane, train, car and even reindeer sleigh and 14,000 torch bearers are taking part in the relay that stops at more than 130 cities and towns.

Last month, the Olympic flame travelled to the North Pole onboard a Russian nuclear-powered icebreaker. Later this month it will sink to the bottom of the world's deepest lake, Lake Baikal. In February, the torch will be taken to the peak of Mount Elbrus, at 5,642 metres the highest mountain in Russia and Europe.

HANGING IN THE COSMOS

Russian cosmonauts Oleg Kotov and Sergey Ryazanskiy, who are part of the space station's current crew, will take the torch into open space Saturday. Kotov says they are planning to take video of the torch when the space station flies over the resort of Sochi. THE ASSOCIATED PRESS

A staffer works at Russia's Soyuz-FG booster rocket emblazoned with the emblem of the Winter Olympics in Sochi. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Audit. Lack of strategies, plans and resources on natural heritage files

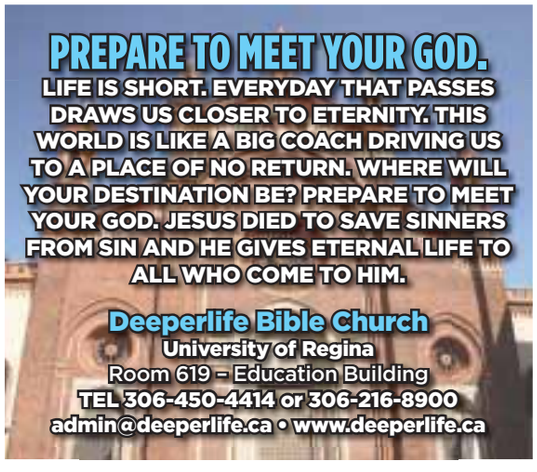
A massive audit of federal conservation policies paints a picture of mismanagement and neglect when it comes to Canada's natural heritage.

The study by Neil Maxwell, the commissioner of the environment and sustainable development, repeatedly points to a lack of strategies, plans and resources required to maintain or improve everything from basic biodiversity and species at risk to the national parks.

"I see a wide gap between the government's commitments and the results achieved," Maxwell says in the preface to the report.

Opposition NDP environment critic Megan Leslie accused the Conservatives of being "delusional on the environmental file."

THE CANADIAN PRESS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Halifax demo decries bullying, corruption and sexual violence

Dozens of people wearing Guy Fawkes masks walked the streets of downtown Halifax on Tuesday to shed a light on issues like bullying, corruption, animal rights and sexual violence.

The event was part of a worldwide Million Mask March of Anonymous members that coincided with Guy Fawkes Day on Nov. 5, with local members waving banners and carrying signs along the route from Province House, the provincial legislature, to Victoria Park on Spring Garden Road.

"The message is … seeking justice for victims who weren't able to find it themselves and my daughter is a perfect example of that," said Rehtaeh Parsons' father Glen Canning before the march.

Parsons, 17, took her own life in April after nearly two years of bullying following an alleged sexual assault at a party when she was 15.

Canning said the online group helped spark attention around Parsons' case and continue to offer moral support for Canning and Parsons' mother Leah.

"These are the people who are speaking up and … bringing (out) things hidden and shining a light on them," Canning said.

Since 2004, Anonymous has gathered attention through cyberattacks on government, religious groups like the Westboro Baptist Church and corporate websites.

A woman, who identified herself as "Nova Scotlyn," spoke before the march about the importance of calling attention to cyberbullying, and she spoke about how Parsons' death got her involved with social justice.

"I related to her on a personal level … about 10 years ago I could have been Rehtaeh," Scotlyn said.

"I was heartbroken."

HALEY RYAN/METRO IN HALIFAX

Demonstration in Halifax, part of the Million Mask March. JEFF HARPER/METRO

Art seized by Nazis

Stunning find of lost treasure

It started with a routine check of an elderly man by German tax inspectors — and resulted in the discovery of an art hoard so vast and spectacular that no one yet knows how the story ends. The find came in a wealthy district of Munich, where investigators found 1,400 paintings, drawings, engravings, woodcuts and prints created by an all-star roster of modern art, including Chagall, Matisse, Picasso and Renoir.

THE ASSOCIATED PRESS

Complex mission

Indian spacecraft bound for Mars

India on Tuesday launched its first spacecraft bound for Mars. The rocket carrying the Mars orbiter took off from the island of Sriharikota. If successful, India will be the fourth nation to visit Mars. THE ASSOCIATED PRESS

Report

Measuring the good life: Canada's got it

When it comes to measuring the good life, Canada is among the world's top spots for individual well-being, according to a report by the Organization for Economic Co-operation and Development.

The others in the top category are Australia, Sweden, Switzerland, Denmark, the U.S. and Norway.

The Paris-based organization does not issue a specific ranking, but OECD officials said the countries in the highest tier scored in the top 20 per cent in all 11 major categories assessed.

THE CANADIAN PRESS

Military study

Families suffer in deployment

The strain of conflict overseas is hurting the children and spouses of Canadian Forces, says a study by the military ombudsman. The health and grades of kids suffer when parents deploy to places like Afghanistan.

THE CANADIAN PRESS

Crack? Yes. Step back? No chance

Toronto Mayor Rob Ford speaks to the media following Tuesday's admission. Ford did not step down, saying city business must go on. RICK MADONIK/TORSTAR NEWS SERVICE

Confession. Councillors trying to strip Toronto mayor of powers as he refuses to leave office

The mayor of Canada's largest city vowed to remain in office Tuesday despite revealing he had smoked crack cocaine while in a "drunken stupor" — an admission that reversed months of firm denials.

"Yes! I've smoked crack cocaine!" said Mayor Rob Ford. "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors."

The mayor of Toronto said he tried the drug about a year ago, while he was in office.

Ford has been under intense scrutiny since May, when two media outlets reported on a video they said appeared to show the mayor smoking crack. Ford had defiantly denied he used the drug and suggested the video did not exist.

Hours after his surprise statement, a visibly troubled Ford made an emotional apology for his "mistakes" but said he had no plans to step aside.

"I was elected to do a job and that's exactly what I'm going to continue doing," he said. "To the residents of Toronto, I know I have let you down. And I can't do anything else but apologize."

Ford said he kept his drug use from his family, staff and colleagues because he was "embarrassed and ashamed."

Ford again called for the video to be released so everyone could judge its contents.

"I don't even recall there being a tape or a video.... So I want to see the state that I was in."

Ford's backtracking had many shaking their heads, but the mayor insisted he had been truthful.

"I wasn't lying," he told reporters. "You didn't ask the correct questions. No, I'm not an addict and, no, I do not do drugs."

Nonetheless, at city hall some who worked with Ford said his latest admission was a clear sign that he needed to step back and get help.

A member of Ford's executive committee said some councillors were bringing a motion against the mayor that could strip him of some of his powers. Municipal law makes no provision for his forced removal unless he's jailed for a criminal offence. THE CANADIAN PRESS

Foreign press

U.S. chuckles at the drama

Rob Ford's shocking admission clashes with the image many foreigners have of Canada, a political expert said Tuesday as the news took the world media by storm.

"It either breaks the narrative of the uptight Canadians or it plays to another narrative they have of the very liberal Canadians," said Peter Graefe, a political-science professor at McMaster University.

Within moments of the confession, it was splashed across major news websites abroad, including CNN and the BBC. Several U.S. networks carried the mayor's second news conference live.

The scandal has been a particular favourite with U.S. media, with some comparing the Ford affair to the case of former Washington, D.C., mayor Marion Barry, who was busted smoking crack cocaine by an FBI sting in 1990.

Ford has also been a recurring target for late-night talk shows. Even serious news outlets have taken a more lighthearted tone, something Graefe attributes to distance.

"It's not news when it's in other cities.... It's comedy."

A story posted on the Washington Post's website highlighted the vastly different reactions stirred by the Ford and Barry scandals.

"It's a different world now than it was in 1990," Clinton Yates wrote in the piece.

"In those days, it was a reason to vilify a majority-black city for a drug epidemic that took countless lives."

Ford's name was trending on Twitter for much of Tuesday.

"Rob Ford's crack habit is the only thing I know about Canadian politics. I wonder if I'm alone in that. (Probably not.)," read a tweet from New York.

Ford's supporters defended him online, saying he's been picked on by police and media alike.

"I think @TorontoPolice should leave @TOMayorFord alone. Months of air surveillance is excessive and ridiculous," one wrote.

"I love Rob Ford man you do your thing, we've all used illicit drugs at some point. Don't let the haters bring you down," said another. THE CANADIAN PRESS

Law

"The police service and the judicial system have to take action. But the mayor will have to make his decisions about what is appropriate right now."
Ontario Premier Kathleen Wynne

Order

"It's certainly a sad day for the city of Toronto.... I'm the justice minister; you know where I stand on the use of illegal drugs. As a human being, I think that the mayor of Toronto needs to get help."
Conservative MP Peter MacKay

Health

"I look forward to seeing Rob Ford get the help he obviously needs."
Federal Liberal Leader Justin Trudeau

Responsibility

"I sincerely hope Mr. Ford will do the right thing for Toronto and the right thing for himself, which includes taking care of himself properly."
Federal NDP Leader Thomas Mulcair

San Francisco

What on Earth is Google building?

Google is erecting a four-storey structure in the San Francisco Bay but is concealing its purpose by constructing it on docked barges instead of on land, where city building permits and public plans are mandatory.
THE ASSOCIATED PRESS

Deal with Alberta

B.C. relents on pipeline royalties

With hopes of a trillion-dollar liquefied-natural-gas industry in her province's not-too-distant future, B.C. Premier Christy Clark has agreed B.C. will keep its hands out of Alberta's pockets where oil pipeline royalties are concerned.

The agreement removes the prospect of the neighbouring province holding B.C.'s natural-gas hostage, but gives B.C. little else.

In return, Alberta "agrees that B.C. has a right to negotiate with industry on appropriate economic benefits." Clark suggested a proposed oil refinery project, pipeline tolls and even federal revenues are still on the table for B.C. to get the "fair share" of economic benefits.
THE CANADIAN PRESS

Up to $300,000

Feds budget cash to curb sexual violence

The federal government is inviting proposals from community organizations to prevent online harassment and other sexual violence against girls and women.

One category of eligible projects involves preventing and eliminating cyberviolence, such as Internet bullying, luring and cyberstalking.

The second stream is aimed at helping sexual-assault centres or community service providers prevent and respond to such violence.

Projects at the local level could be given up to $175,000 over two years, while national initiatives are eligible for up to $300,000 over three years.
THE CANADIAN PRESS

Hey celeb, what was volunteering like?

"I can't even describe the joy I saw in children's eyes in Kenya, knowing they could go to school."

Shawn Desman, R&B singer

"It was very metaphorical. We built the foundation for that community and the kids."

Munro Chambers, actor on Degrassi

"The kids I met in Ghana were so excited about life. I know that they're going to conquer the world, and they're going to make it a better place."

Aislinn Paul, actress on Degrassi

Music lessons

CONTRIBUTED

Canada's classical vocal quartet The Tenors taught four-part harmony in rural Kenya recently, coaching high-achieving girls at Free the Children's Kisaruni Girls High School how to belt out a tune. And not just any tune, but the Leonard Cohen classic Hallelujah.

- Remigio Pereira, Victor Micallef, Fraser Walters and Clifton Murray divided the 80 eager girls into four groups and each Tenor taught his part of the song to his group. They then came together to sing as one powerful voice.
- Murray spoke of how inspiring it was to "share the international language of music with girls who have faced their share of hardship." But through education, and a song in their hearts, he said, they are tomorrow's leaders.

Watch the video of the girls singing Hallelujah at metronews.ca.

WE DAY

Time to get schooled: Free the Children's We Day, an annual event to launch a yearlong series of youth actions, looks at the power of education

SASKATCHEWAN 2013

Spencer West, front, climbs Mount Kilimanjaro with his best friends, David Johnson and Alex Meers.

CONTRIBUTED

Certain life lessons are universal: "Treat others how you want to be treated"; "Everything happens for a reason"; "Don't put aluminum foil in the microwave."

Then there are moments of personal triumph or tragedy that come with unforeseen life lessons. One such moment found me halfway up Mount Kilimanjaro, in Tanzania.

About 2,500 metres into our 5,895-metre Kilimanjaro climb, I felt like I'd been hit by a truck. After four consecutive days of waking with the sun to trek through challenging climates, we'd reached the alpine desert — scorching heat and arctic chill — and Africa's tallest peak had taken its toll. Up to this point I'd been climbing on my hands. My shoulders, elbows and wrists were waging war with my body, begging me to stop. My best friends, David and Alex, would have to carry me in an apparatus that had been custom-built for the occasion of my defeat. The mountain had won.

Summit day

David and Alex were in rough shape, having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I guess being 2'7" finally paid off.

Spencer West, on the lessons he learned climbing Kilimanjaro without legs.

Then came summit day. David and Alex were in rough shape, having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I guess being 2'7" finally paid off.

Mentally, I was struggling with something I'll never forget. For the first time in my life I wished I had legs, not for my sake, but because I wanted to be able to carry my friends like they had carried me.

Evidently, my fairy godmother had the day off. Instead, I did the only thing I could do. I spoke from the heart, expressing words of encouragement the entire way to the top to keep their spirits up and their minds distracted from the gruelling monotony of putting one foot in front of the other.

I became the best damn cheerleader that mountain had ever seen. And I carried them, emotionally speaking.

The lesson? Always exercise in oxygen-rich environments.

No, really, it's this: I didn't fail for being carried; I succeeded when I asked for help, and then I returned the favour.

Nobody achieves anything exceptional on their own. I learned the importance of having others who believe in you.

For 57 million children around the world who are denied access to education, the ability to read, write and receive formal job training are lost.

But those children might also be denied moments of sudden, unexpected inspiration that come from the encouragement of their peers, life lessons they would have learned from exposure to alternative perspectives, and mentorship opportunities from teachers. An entire ecosystem of support is also lost.

For me, part of being educated means having the confidence to believe in yourself and the humility to ask for help. It's the ability to recognize teachable moments and extract moral lessons.

Education is the implicit knowledge that somebody believes in you, will celebrate your successes and shoulder your mistakes. Education is mentorship; it's the confidence that teachers instil in students so that when students graduate, they no longer need their teachers. Education is sustainability. We are in danger of losing this social capital, and 57 million life lessons.

SPENCER WEST/FOR METRO

Hey kid, what's the most important thing you've ever learned in school?

"I think it's art. We make dinosaurs out of clay."

Zipora Logan, kindergarten

"Respect. Because all the children will be respecting you too."

Crystarbell Okunseyien, Grade 3

"Well, I learned everything.... Gym.... Basketball!"

Kemson Edward, kindergarten

"I really like learning math and I think it's really useful. I think I can apply it to a lot of things."

Beatrice Cameron, Grade 5

"I did lessons on the calendar. (It's important because) you have to listen."

Mary Pasqualino, kindergarten

Learning comes in many forms, whether it's the formal education of schooling or the lessons gleaned from volunteer work. Here are a few stories of how Free the Children is impacting people's educations:

Single mom at 12, Rahab Sopiato leaves her charcoal-making days behind for a new career

Rahab Sopiato, 40, gave birth to the first of three children when she was just 12. She bursts out laughing when asked what happened to the father, but makes it clear that he didn't stick around, so she scratched out a living making charcoal.

It was gruelling, hopeless work in the Maasai community of Kajiado, located a three-day walk south of Nairobi in Kenya's Rift Valley.

To make charcoal, Sopiato scavenged branches and chopped them into pieces. Then she covered the pile in leaves and set it alight, before burying it in dirt. The heap smouldered. In three days' time, she had charcoal briquettes, enough to fill one sack.

The market was three hours away, so she borrowed a neighbour's donkey to get there. If she was lucky, she sold the sack for 100 Kenyan shillings, enough to buy corn flour to make a thin porridge for her children. If she wasn't, she returned home with the sack but no food for dinner.

She repeated the process of making charcoal and trudging to market for three decades. She says she was very thin and sickly; so were her children. She couldn't afford to send her eldest daughter to high school, which in Kenya can cost the equivalent of $350 Canadian a year.

A high school education in Kenya is thought to be the golden ticket to a better life. She hated that she couldn't provide that.

Then two years ago, Sopiato heard about Me to We Artisans, which paid mamas like her a fair wage for their beaded handiwork, which was designed for a Western market and sold around the world. Me to We Artisans donates half of its profits to Free the Children, and uses the other half to grow the business.

Sopiato makes bracelets, necklaces and earrings. This fall, she focuses on "ABC Education Rafiki Friend Chains." Each one sold buys school supplies for One Child for One Year. Fingers flying, she makes about 40 a day.

With the money she has so far earned, she was able to finally send her eldest daughter to secondary school. At 29, she just graduated. Sopiato happily talks about what she did with her first few paycheques from Me to We Artisans.

She bought two cows so her family had milk. Then she set up a small shop that sells sugar, soda, flour, rice, potatoes and sweets.

While she waits for customers, she beads.

And at night, Rahab sits on the comfortable cushioned seats she bought, in her newly painted house, and watches her small TV.

One way to make a living

Sopiato scavenged branches and chopped them into pieces. Then she covered the pile in leaves and set it alight, before burying it in dirt.

COURTESY SCOTT RAMSAY

After many years of unrelenting hard work, she relaxes. She pats her ample stomach and thick thighs and says the extra pounds she has gained are another tangible sign of her good fortune.

She hopes to never make another charcoal briquette in her life. She also hopes that her children, well educated and well on their way, will support her as she grows old.

SHELLEY PAGE/FREE THE CHILDREN/FOR METRO

International guests mix with local kids who earned their ticket through service

Thousands of kids from hundreds of schools across the province are filling up the Credit Union Centre in Saskatoon today to be wowed into action.

Co-founder of the Free the Children charity movement Marc Kielburger said that the second annual We Day in Saskatchewan is going to motivate youth to continue making a difference.

"When we look at what we're trying to do with inspiring young people, it's hard to be able to simply say to them, 'Go change the world,' and not give them the opportunities and the resources," said Kielburger.

PotashCorp has committed $9.6 million to We Day Saskatchewan. President and CEO of PotashCorp, Bill Doyle, left, stands with Marc Kielburger, co-founder of Me to We and Free the Children. JACOB MORGAN/METRO

He explained that a ticket cannot be purchased to We Day, but rather, access is earned through service.

One recent initiative found participants going around on Halloween to collect canned goods for the food bank instead of trick-or-treating for candy.

President and CEO of PotashCorp, Bill Doyle, said that his company is in a three-year partnership to sponsor We Day Saskatchewan and has committed $9.6 million. Doyle said PotashCorp, as a producer of fertilizer, was happy to get on board in part due to Free the Children's commitment to providing agricultural security in developing countries.

"You can't educate people if you don't feed people," said Doyle. JACOB MORGAN/METRO IN SASKATOON

Education helps you manifest your destiny, Maasai man teaches suburban teen

It was the summer of 2011, and I was 16 years old when my outlook on life took a turn.

I found myself in Kenya for three weeks with Free the Children, and our mission was simple: Help build a school for the children who lived in the rural region of the Maasai Mara.

Our Maasai guide, whose English name was Steven, caught me alone with my thoughts as the sun set. What began as an earnest conversation about our respective lives turned into an image I've carried with me ever since.

Steven told me that life is a lottery; a game of chance. The situation a person is born into is a matter of luck, and destiny has nothing to do with it.

Steven talked about the control we must exert over our lives and that destiny plays no part in the outcome. His dream was to get an education, so he could become more than a cattle herder — the traditional role of a Maasai man. The point: Whether it is rural Kenya or the suburbs of Toronto, an education opens us up to a larger world than the one we were born into.

CONTRIBUTED

And that gives us the power to choose the life we want to lead. My conversation with Steven left me with many thoughts, but one prevailing theme: Although where we find ourselves at birth may be a matter of chance, an education puts us on our life's path.

DEVIN JONES, ME TO WE VOLUNTEER IN KENYA

Gratitude learned through carrying water

It usually happens when I turn on the tap. As the water comes out, so do memories of my three overseas trips with Me to We.

This year was Ghana. I was there to help build a school. It was amazing to watch mothers and women of the Assemkow community continuously walk back and forth with huge pans of water on their heads.

CONTRIBUTED

I tried carrying just a small one and it was so difficult. I don't know how they do it so easily, let alone with no hands. To think that the water they are carrying is not even clean really got to me. They go through all this work to have access to dirty water for drinking, bathing, and doing laundry, yet back at home I simply turn on the tap and clean water comes rushing out.

It was actually too much water that created a challenge in Assemkow. Free the Children already had two buildings up. The community already had two kindergarten classes, but they were not running because a storm had ripped off the roof of the building, so they had no choice but to shut it down. We helped get that roof up and the school running in no time, but it was mostly the community that made it happen.

I am now more cautious about everything I do and waste as little as possible. Overall, the trip has inspired me to save water and to be way more grateful with all I have.

MADISON JAMESON, ME TO WE VOLUNTEER IN GHANA

LEARN TO DO BY DOING WITH 4-H

Each year, November provides an opportunity for 4-H members and leaders across Canada to celebrate the 4-H spirit and show their 4-H colours.

4-H members go beyond simply wearing green and white by making their presence known in their community by setting up displays, or performing acts of community service.

This November has a special significance to the 4-H organization since it marks the 100th year of 4-H programming in Canada. From humble roots in Roland, Man., in 1913, the 4-H family in Canada has grown to include more than 20,000 4-H members across the country today. Here in Saskatchewan, there are more than 3,000 members and nearly 900 volunteer 4-H leaders in more than 200 community 4-H clubs across the province.

With a century of history and a strong presence in our province, there are still many who haven't heard of 4-H or aren't sure what 4-H is all about.

The four 'H's stand for head, heart, hands and health. They appear in the 4-H logo and are derived from the 4-H pledge, which embodies the club's movement.

CONTRIBUTED

4-H members use their head to learn new things and to think critically and make decisions. 4-H members use their heart to build lasting friendships and a compassionate attitude towards community service. 4-H members use their hands to develop real-world skills and build or create projects of which they can be proud. Through 4-H, members become healthy, well-rounded people who are confident, skilled, and caring.

Through club involvement, 4-H members learn organizational and leadership skills that help them prepare to become capable professionals and community leaders. 4-H also offers many fun and competitive events and opportunities for members, including public speaking, curling, judging, scholarships, and national and international travel opportunities.

The 4-H motto is "learn to do by doing." Through project work, 4-H members explore their passions and make friends who share similar interests. True to the club's roots in agriculture, 4-H offers many projects that instill values of environmental stewardship and the skills of responsible animal husbandry, including the popular beef and horse projects.

Over the past century, 4-H has grown to include the many projects offered today, which range from archery to drama to woodworking. This year, many more project options are being added to the roster, including geocaching, bicycling, youth leadership, and exploring international cuisine, to name a few. 4-H truly has something for everyone.

One-hundred years later, 4-H has remained true to the pledge that gives it its name, and encouraged members and leaders to "learn to do by doing," learn new skills and find ways to give back to their communities.

Now that's something worth celebrating.

THE 4-H PLEDGE

I PLEDGE
MY HEAD
to clearer thinking,
MY HEART
to greater loyalty,
MY HANDS
to larger service,
MY HEALTH
to better living,
For My Club,
My Community,
and My Country.

4-H Canada celebrates 100 years!

- Become a 4-H member
- Become a 4-H leader
- Join a 4-H Club
- Start a 4-H Club

More than you imagine!

Something for everyone!

November is 4-H Month

Go to www.4-h.sk.ca for more information.

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 3

metronews.ca/temp

Pick your battles

Migrant workers raise a little hell on a Prairie farm

It didn't last, but a group of temporary, foreign farm workers at a small Prairie town were the first in Canada to accept a collective agreement.

The 14 workers, who travelled from Mexico to Portage la Prairie, Man. every summer to work picking crops like onions and broccoli, voted to ratify a three-year collective agreement through the United Food and Commercial Workers in the summer of 2008.

But a Supreme Court of Canada ruling in 2011 quashed the right of migrant workers in Canada to collectively bargain with their employers.

METRO IN WINNIPEG

Wage gap

An hour of your time for $5.44 less

So how do temps stack up to the rest of the work force when it comes to pay?

Well, there's a pretty stark difference.

Across Canada, temps earn, on average, $19.58 per hour — $5.44 less than permanent workers, according to Statistics Canada.

ANGELA MULLINS/METRO

Temp Enjoys Thursday Meal Special at Mister McFunbury's

Rarely have I ever felt so much like Sigourney Weaver at the end of an Alien movie. Around me nothing but casualties and disaster while I, Shannon the survivor, exit the doomed mothership to hop into a taxi to go on my glamorous date with a high-flying Asian businessman.

"Where to, Miss?"

"Mister McFunbury's."

"The one where they had the hostage taking last September?"

"No, the one by the off-ramp that takes you to the oil refineries."

"Right."

Mr. Xu (pronounced Mr. Shoe) was standing by the cigarette machine as I was told he would be. He wasn't hot, but he wasn't unhot, either — that's an important distinction. He was my age — late twenties, kind of Banana Republicky, and he was quite relaxed given the clattering of walkers stemming from "It's A Senior's Shrimpy Thursday!"

"I'm Shannon."

"I am Mr. Xu."

"Let's grab our seats."

We sat down, and my first instinct was to figure out Mr. Xu's language capacity. "How long have you been in the city?"

"Two very glorious nights."

"I'm glad they've been glorious. Is your hotel OK?"

"Most gracious hotel. Thank you."

Oh dear. I was going to be sitting with a fortune cookie all night. Well, OK. "Why don't we get into the McFunbury's spirit, Mr. Xu?"

"That would be most excellent."

I'm not totally proud of myself, but I went right for the booze — we hadn't even ordered food and I was trashing the three Sarahs. "My issue with Sarah No.1, Mr. Xu, is that on the first anniversary of Whitney Houston's death she Facebooked: "One year later, heaven took an angel from Earth too soon."

I'm not totally proud of myself, but I went right for the booze — we hadn't even ordered food and I was trashing the three Sarahs.

"Most unfortunate."

"I'll say. And my issue with Sarah No. 2 is that at a Friday staff lunch she suggested "we girls" go off on our own and have a "cuddle puddle" to discuss things "the boys just wouldn't understand."

"So sorry."

"And my issue with Sarah No. 3 — killer martinis, by the way — is that she insists on microwaving popcorn with that nauseating fake butter smell. She says, 'Well I think it smells like fun. If you don't like fun then I feel sorry for you'."

"Most ungracious."

I stared at the laminated menu. "What do you think you'll order, Mr. Xu?"

He then looked at me and said, "Well, I'm not feeling very surf-and-turfy — you know, it's a mood that you're either in, or you're not. And I kind of carbo-loaded at lunch — doing a half marathon in three weeks — so I guess I'll get a clubhouse with McFunbury Sauce on the side. You?"

"You, Mr. Xu, are a total dick."

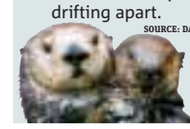
"Let us both have one more most glorious martini. Clean or dirty?"

TO BE CONTINUED...

Random fact of the day

How cute is this?

- Sea otters hold hands when they sleep and eat in order to keep from drifting apart.



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metro

GIVE HUGS NOT DRUGS, ER, NOT

JUST SAYIN'

Paul Sullivan
metronews.ca

They're at it again.

"They" of course, are those faceless, officious minions of Politically Correct Behaviour who are ruining all the fun.

Just when you think They can't get any more faceless or officious, They pull something like a ban on touching for little kids, with consequences for those five-year-olds who dare to hold hands.

Yes, you read that right. Kindergarten kids at Coghlan Fundamental School in a Vancouver suburb were told on Friday they couldn't touch each other, no way, no how.

No holding hands, hugging, pushing each other on the swing, playing tag or doing anything that involves contact.

And if you don't think They are serious, They sent this sternly-worded memo to parents:

"We will have a zero-tolerance policy with regards to hands-on play, resulting in the missing of playtime and trips to the office for those who are unable to follow the rules."

"OK," says the principal to the kid, "what are you doing in my office?"

"I hugged Madison."

"That's pretty serious. That sort of thing could lead to tag or even, gasp, an outbreak of holding hands. No recess for you!"

Why? Why? Glad you asked. Because this kind of stuff (touching) is allegedly dangerous and has caused some injuries, maybe. No specifics because there is nothing real that could ever justify such a ridiculous ban.

They can't help themselves. A couple of years ago, a Toronto school banned all balls: soccer balls, basketballs, baseballs, footballs, volleyballs, everything except those foam Nerf balls. Try playing basketball with a Nerf ball.

The idea behind this nonsense appears to be: "Yeah, it's all fun until someone gets hurt." And, to be honest: "We realize this looks completely nuts but our lawyers told us to do it, and we do everything They tell us to do."

But really, can They ever go far enough? Sure, a ban on touching will discourage physical harm, but what about the mental anguish of my five-year-old? Sticks and stones will break my bones, but names will cause me to complain to the Human Rights Commission. Better issue a ban on talking.

What about breathing? Breathing causes the intake of particulate matter that can lead, later in life, to Chronic Obstructive Pulmonary Disease. Better ban breathing.

Seriously, this is evidence of a massive failure of nerve at the adult level. Either that or there's a growing reluctance to kiss the boo-boo or wipe away the tears, at least without wearing rubber gloves. It's much easier to put the little gaffers in a hermetically-sealed bubble and get back to the serious business of contract negotiations. Now about that sick leave…

ZOOM

Are these up close or far away?

Answers, clockwise from top left corner: micro: wing of a Green Darner dragonfly; macro: desert region of Arabian Peninsula; micro: surface of a rotted human tooth; macro: dune patterns in the Erg Oriental, Algeria. PHOTOS COURTESY STEPHEN YOUNG AND PAUL KELLY

Photos test our perception of size

These pictures test our ability to tell apart the microscopic and macroscopic worlds.

Geographer Stephen Young and biologist Paul Kelly of Salem State University collected more than 50 such images for a joint exhibition at Salem and at Clark University in Worcester, Mass. METRO

Q and A

What an expert says

STEPHEN YOUNG
Professor of Geography, Salem State University, Mass.

How can I guess which is small or large-scale?
Age and education level do not seem to decide if people will get it right. School kids have been doing as well as college students and the general public. Professionals who have used electron microscopes or satellite imagery tend to do better, but even they misidentify some as well.

Best aspect of the project?
There is something deeply intriguing about trying to figure out at what scale the image is and then to be so surprised when it is the opposite. To think something is a millimetre and to find out that it is 1,000 kilometres is quite surprising.

Clickbait

ANDREW FIFIELD
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There's no shortage of apps and services that will allow you to stream music to your mobile device, but none get more use on my iPhone than SoundCloud. It's free, the selection is endless and just letting it play is the safest path to discovering something new. Try these accounts for great electronic music.

CONTRIBUTED

DFA Records:
Easily the reigning champ of the disco renaissance we've been hooked on for the past few years, the home of James Murphy and LCD Soundsystem also happens to be extremely generous with keeping their feed updated with new tracks. (soundcloud.com/dfa-records)

Future Classic:
Just as danceable as DFA's output, but with occasional forays into beachside guitar pop and bittersweet ballads. There are already hundreds of songs posted for you to work your way through. Get ready to favourite a chunk of them. (soundcloud.com/futureclassic)

Ninja Tune:
The London, U.K.-based label is among your best bets for when you're in the mood for something a little on the strange side. It's cool, though. There's nothing threateningly interesting. Just endless creative restlessness. (soundcloud.com/ninja-tune)

Twitter

@metropicks asked: So now Rob Ford has admitted smoking crack, tell Metro what you've done #inoneofmydrunkenstupors

@necksbest: I may have listened to Justin Bieber #InOneOfMyDrunkenStupors. But I don't follow him and I'm not an addict

@jmmelanson: ran for mayor of Toronto and won accidentally #InOneOfMyDrunkenStupors

@Jdubs12: #InOneOfMyDrunkenStupors I drank some coke, a cola.

@katangus: #InOneOfMyDrunkenStupors I ordered both the paperback and Kindle editions of 50 Shades of Grey.

@JGregRandall: I was in Seattle last year and did not visit the Space Needle. What was I thinking? #drunkenstupor

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
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It's no Baby Sitter's Club, but Thor will do, I guess

Natalie Portman.
The star talks about her obsession with a certain book series and working with legend Anthony Hopkins

RICHARD CROUSE
scene@metronews.ca

Natalie Portman stars in Thor: The Dark World, which opens this weekend.
ALL PHOTOS CONTRIBUTED

Despite starring in two movies based on a Marvel hero Natalie Portman says, "I've never gotten into comic books."

This weekend she reprises the role of Jane Foster, scientist and love interest to the God of Thunder in Thor: The Dark World.

Portman may not have spent time reading comics but she can understand the obsession fans have with Thor's characters because she was once a fan girl herself.

"The one thing I ever got into, like, that is really dorky," she says, "until I was 12 or 13 I was obsessed with the Babysitter's Club, a series of books for girls. There was a new book every month and the day the book would come out I had to go to the bookstore and get it and read it on the way home.

"The writer's name was Ann M. Martin and my friends and I would look in the phone book and call every Ann Martin trying to get her.

"One time she came to our bookstore and did a signing. The week before I wrote a packet about what her next book should be about, with drawings, and I waited in line for three hours and gave it to her and she was like, 'OK weirdo.'"

Playing heroine Jane Foster is miles away from her Academy Award winning role in the dark psychological drama Black Swan.

Portman admits she "never thought I'd get the chance" to act in a superhero movie, "which is why whenever they ask I say yes."

Also appealing is the chance to work with Anthony Hopkins, who she describes as "a giant among actors."

She shares several scenes with the veteran actor and says she was "completely intimidated" by him.

"I kept messing up lines around him because I was so nervous but he was so sweet about it. He'd say, 'That's a really hard line to say.'"

Many of her scenes with Hopkins take place on Asgard, the celestial planetoid home to Thor and his family, which raises the question, does Portman believe there is life on other planets?

"That question makes me think of another movie. In Antz all the insects are around a campfire," she says, laughing, "and they say, 'Do you think there's something bigger than us out there?'

"It totally feels like that. Of course there has to be something else out there. I don't know what it is but it would be completely silly to think that we're 'it.'"

Analysis

What's behind the hammer?

IN FOCUS
Richard Crouse
scene@metronews.ca

It's hammer time at the movies this weekend.

Thor: The Dark World opens in theatres, bringing with it Chris Hemsworth as the sledgehammer wielding superhero with his rippling muscles, crazy mythology and Dark Elves.

The Marvel comic series borrowed the character from Norse mythology, co-opting the God Of Thunder's most famous weapon, the Mjölnir. In myth the name translates to "that which smashes," and refers to his hammer, a fearsome club capable of levelling mountains, causing lightning flashes and boomeranging back when he throws it.

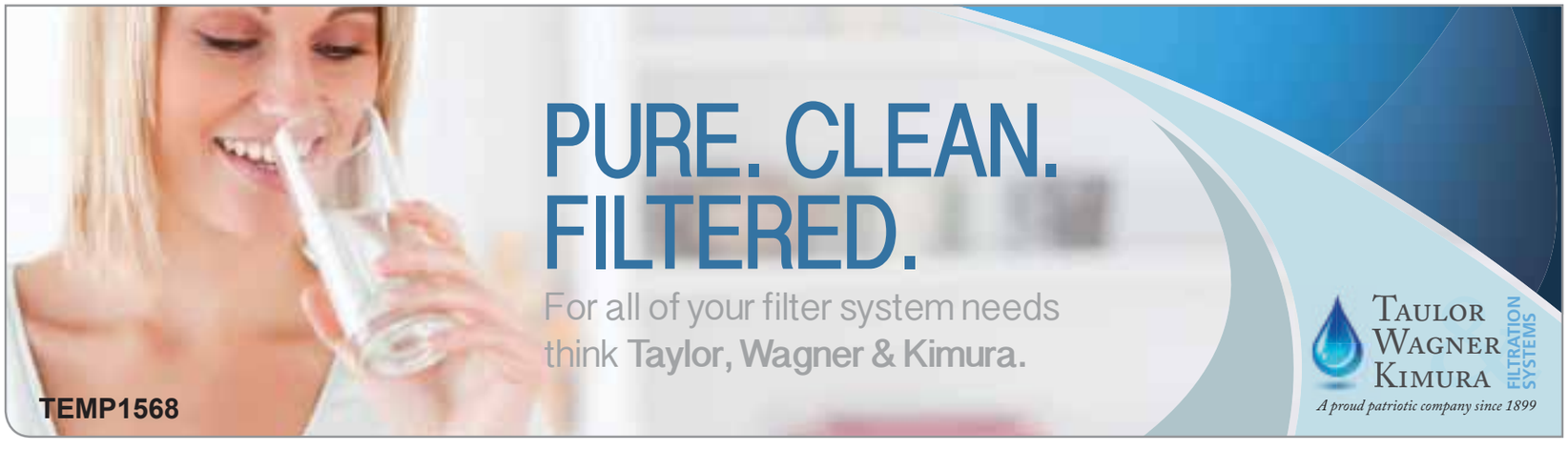
"The power within Mjölnir," he says, "doth rage like the winter storms bursting upon the shore in furious assault!"

According to Nordic legend the mallet was forged by dwarven brothers Sindri and Brokkr but Marvel embroidered the lore, adding to the story the fictional Asgardian metal uru as the main component of the basher and an inscription that reads, "Whosoever holds this hammer, if he be worthy, shall possess the power of Thor."

Thor: the man, the myth, the legend.

The image of Thor flying through the air, propelled by Mjölnir, is the iconic picture from the comics and movies, but not from mythology.

According to legend, Thor's preferred mode of transport was a chariot drawn by two 1,700-pound warrior goats named Toothgnasher and Toothgrinder.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Eminem. ALL PHOTOS GETTY IMAGES

Eminem on the defensive once again

Eminem is taking fire for still using homophobic terms in his lyrics on his latest album, so he's doing his best to explain himself.

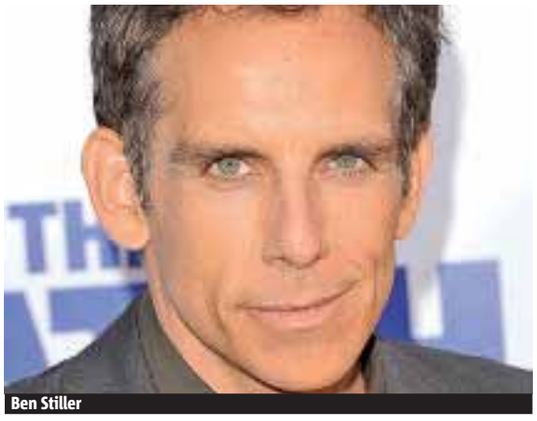
"That word, those kinds of words, when I came up battle-rapping or whatever, I never really equated those words" to actually meaning gay, he tells Rolling Stone.

"It was more like calling someone a bitch or a punk."

The 41-year-old rapper insists it's all in good fun and people know how he really feels.

"I say so much s— that's tongue-in-cheek," he says of the lyrics.

"But the real me sitting here right now talking to you has no issues with gay, straight, transgender at all. I'm glad we live in a time where it's really starting to feel like people can live their lives and express themselves. And I don't know how else to say this; I still look at myself the same way that I did when I was battling and broke."



Ben Stiller

There's something about Stiller, and it has to do with 'hair gel'

Ben Stiller admits he didn't have much faith in what's become the most memorable scene from There's Something About Mary, in which Cameron Diaz mistakes semen hanging from Stiller's ear for hair gel.

"My big thing with that scene was that I argued with the Farrelly brothers all during the shot, asking how he could not feel it on his ear? I was lobbying them to have a back-story that the character had somehow, like, lost sensitivity in his ear, like he had gotten hit as a kid or something," Stiller tells The New York Times.

The Word

No, it's just a gentleman's club, guys... with bed sheets

So apparently that Brazilian brothel Justin Bieber hung out at over the weekend wasn't exactly a brothel per se, according to some sources that are trying to help salvage the 19-year-old pop star's reputation.

Centauros is more like "an old-fashioned gentleman's club," a source tells E! News.

"For what it is, it is high end and it's not cheap to get in there. There is an entrance fee. Playboy-types go there and local businessmen and tourists."

Of course, that doesn't quite explain why the establishment would have bed sheets bearing its logo on hand — one of which Bieber hid under as he was rushed out of the building.

And as for the two women from the club who left with Bieber?

"The girls that work there — some have clothes on and some kind of don't," the source explains. "They are all in there to make money. They don't work for the club."

Drew Barrymore

Drew Barrymore's on her way to being a Griswold

Drew Barrymore wasn't kidding last month when she told Jay Leno that she and husband Will Kopelman are ready to try for a second baby. The actress' rep confirmed to E! News that Barrymore is once again pregnant. Her first child, daughter Olive, was born in September of last year.

"I grew up as an only child," she told Leno last month. "That really works for some people, and for some parents that's the way they want to do it. I want to be the Griswolds."

Miley Cyrus

Miley Cyrus mocks In Touch magazine

Miley Cyrus is clearly taking all the tabloid attention she's been receiving in stride. In Touch magazine published an extensive cover story on the singer with a giant headline, "Miley finally admits: I need help!"

So what was Cyrus' response? She made the magazine cover her profile picture on Twitter.

Twitter

@TheRock
When it comes to success, consistency is key. Consistent hard work that we may not like, but for a payoff we'll love.

@kirstiealley
Tech geniuses..my twitter wouldn't work AT ALL for 2 days..it would kick me out! what technically would cause that? other than hate crimes?

@johncusack
Watching the brilliant "hannah and her sisters " by the maestro woody Allen - a great American film with wonderful actors everywhere

The lost link to golf heaven

Bermuda. Island's plethora of renowned courses attract players from around the world

BRIAN KENDALL
canadiangolftraveller.com

Port Royal's signature 16th hole is a par three clinging to a cliff high above Whale Bay. PHOTOS: MARKETING BERMUDA

Breathtaking ocean views will help you forget your double bogeys.

Bermuda is renowned for its pink sand beaches, turquoise waters and refined atmosphere. Just as unforgettable are Mid Ocean, Port Royal and the other golf courses on an island of almost celestial beauty.

"You go to heaven if you want to," Mark Twain famously said of Bermuda. "I'd rather stay here."

Founded in 1609 by survivors of a British shipwreck, Bermuda has long enjoyed a reputation as one of the most beautiful places on Earth. Sailboats and luxury yachts dot the harbour at Hamilton, the bustling capital, where colonial-style houses topped by stepped roofs to collect rainwater are painted in a palette of pastel colours. Oleander, frangipani, bougainvillea and hibiscus scent the warm breezes of the Gulf Stream.

High season in Bermuda, located roughly 1,000 kilometres east of the North Carolina coastline, runs from April through October. But many Canadians visit during the sub-tropical island's more temperate winter months, when daytime highs average just below 20 C, room rates are reduced, and tee times at top courses are readily available.

Though just 54 square kilometres in size, Bermuda is remarkably rich in world-class golf courses. The sport has been a major tourist draw since the early 1920s, when Riddell's Bay Golf and Country Club opened on a narrow peninsula thrusting into the turquoise waters of the Great Sound. The tight fairways and small greens of architect Devereux Emmet's 5,713-yard layout offer ample challenge, especially when winds gust off the Atlantic.

A few kilometres north of Riddell's Bay is Mid Ocean Club, a superb Charles Blair Macdonald design that has symbolized Bermuda golf since opening shortly after the launch of Riddell's Bay.

Mid Ocean is where Bermuda's elite take their divots. Billionaire Ross Perot and New York's Michael Bloomberg own houses in the rolling hills overlooking the golf course. Another member, movie star Michael Douglas, became a local hero in the aftermath of hurricane Fabian in 2003 when he used his private jet to deliver chain saws and generators, then stayed for a week to help in the cleanup.

Remodelled with good judgment by the great Robert Trent Jones Sr. in 1953, Mid Ocean offers risk-and-reward golf at its best as it winds 6,520 yards through rolling inland countryside before ending dramatically with a par four that skirts the bluffs overlooking the sea.

At Mid Ocean's daunting 433-yard par-four fifth, where the fairway bends around a lake that is widest on the direct line to the green, Babe Ruth once put a dozen balls in the water before hitting a home run.

Two other popular and challenging layouts are Tucker's Point Club, a hilly Roger Rulewich redesign that is the centrepiece of a posh resort community featuring Tucker's Point Hotel and Spa; and Belmont Hills Golf Course, a remodelled 6,017-yard layout offering panoramic vistas of the Great Sound and Hamilton Harbour. Bermuda even boasts one of the world's top-ranked par-three courses, Turtle Hill Golf Club, an 18-hole, 2,962-yard beauty on the grounds of Bermuda's largest hotel, the towering pink 593-room Fairmont Southampton.

But the buzz these days is about the rejuvenated Port Royal Golf Course, which every October since 2009 has hosted the PGA Grand Slam of Golf, a made-for-TV exhibition featuring the winners of the year's four major championships.

Built in the 1960s by Trent Jones Sr. atop oceanside cliffs on the south shore, the government-owned course received a brilliant $15-million revamp several years ago by Rulewich, who worked with Jones during the original construction.

Especially unforgettable is Port Royal's signature 16th, a staggeringly gorgeous wind-blown par three clinging to a cliff high above Whale Bay that stretches to a heroic length of 235 yards from the back tee.

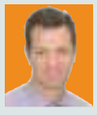
Twain had it right. With golf holes like that, heaven can wait.

After golf

- **Beaches.** Bermuda is renowned for its secluded and pristine pink sand beaches. Three of the best: Whale Bay, Astwood Cove and Jobson's Cove.
- **Snorkelling.** There are roughly 300 shipwrecks to explore in warm and clear waters offering reefs, underwater caves and a variety of marine life.

Adventuring

Tips for your own epic global trek



ON THE MOVE
Loren Christie
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An around-the-world trip is something many of us dream of but the thought of planning it can be daunting.

The first step is acknowledging that it will be a lot of work. You're not just planning one holiday, you're planning 12 or 15 or 20 back to back and dealing with numerous flights, hotels, airport transfers, different currencies, languages and time zones.

You should count on being away for at least a couple of months and once you hit the road it's imperative to leave time every few days to stay on top of — and make changes to — your schedule.

Plan an itinerary that ensures you visit the spots you have always dreamed of seeing: the Great Wall of China, the Taj Mahal or the Great Barrier Reef.

However, make sure to leave room for some spontaneity in your trip.

Once you're on the road, the reality of travelling could have you feeling differently about places.

Book holidays within the holiday. You'll need to give yourself a rest every now and then.

Don't feel bad that you're not exploring some hidden temple or touring a museum. Sometimes you just need to plant yourself in a beach chair with a drink in hand.

The more obscure the places you want to hit, the more expensive your ticket will likely be. Stopping in major hub cities like London, Sydney and Bangkok will keep the price of your plane ticket down. Purchase your ticket with an airline that is part of a larger alliance, like Air Canada and Star Alliance, which gives you the option to fly on more than 25 airlines as part of your ticket. Remember that round-the-world plane tickets will keep you moving from east to west or vice-versa; you can't go backwards.

Pack light, but also pack what you like to wear. You're going to be wearing the same clothes again and again, through countless layovers, different climates and a variety of cultures. While shopping may be enticing, lugging around what you buy for weeks or months will quickly become cumbersome.

Don't be afraid to go alone. My friend @MSiddiqi is currently on month six of a solo trip and loving it.

If you are travelling by yourself you will meet other people easier than if you were travelling with a companion.

The opportunity to move at your own pace is an added bonus of travelling alone.

A round the world trip can be a costly, time-consuming endeavour, but the rewards are priceless.

Move over pumpkins, it's orange's time to shine in the kitchen

Orange Pound Cake

This recipe serves 12. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you love pound cakes but don't want to add on the pounds, this is a perfect dessert or snack in the afternoon. The cream cheese gives the cake a creamy and buttery texture without the calories and the fat.

For the record, each serving contains 214 calories and 7.6 grams of fat.

1. Preheat oven to 350 F. Spray a 9- X 5-inch loaf pan with cooking spray.

Nutritional analysis

Per serving: 241 calories, 4.5 g protein, 7.6 g total fat, 1.9 saturated fat, 40 g carbohydrates, 42 mg cholesterol 42 mg

Ingredients

Cake
- 2 eggs
- 1 1/4 cups granulated sugar
- 1/4 cup orange juice
- 1/4 cup vegetable oil
- 2 oz light cream cheese, softened
- 1 tbsp grated orange rind
- 1 tbsp poppy seeds
- 1 2/3 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 2/3 cup low-fat sour cream

Icing
- 1 oz light cream cheese, softened
- 1/2 cup icing sugar
- 1 tbsp fresh orange juice

Garnish
- Poppy seeds and/or grated orange rind

2. To make cake: In a food processor or in a large bowl and using an electric mixer, beat eggs, sugar, orange juice, oil, cream cheese, orange rind, and poppy seeds until smooth. In another bowl, stir together flour, baking powder, and baking soda; into cream cheese mixture, alternately stir flour mixture and sour cream, making three additions of each. Pour into prepared pan.

3. Bake in the centre of oven for 45 to 50 minutes or until a tester inserted in centre of cake comes out clean. Remove from pan and cool completely on a wire rack.

4. To make icing: In a food processor or in a bowl and using an electric mixer, beat all icing ingredients together. Spread over top of cake. Garnish with poppy seeds and/or orange rind.

Drink of the Week

The Perfect Martini

- 2 oz Luksusowa Vodka
- 1/4 to 1/2 oz dry vermouth
- Crushed ice
- Olive, onion or a lemon twist

Tools
- Stainless steel shaker or glass pitcher with spoon and strainer
- Atomizer
- Martini or rock glass
- Condiment pick or zester (depending on selected garnish)

Use chilled martini or rock glass. Sparingly atomize inside of glass with the dry vermouth (less vermouth equals a martini that is more dry). Gently shake or stir Luksusowa Vodka with crushed ice in stainless steel shaker or glass pitcher. Immediately pour (straining out ice) into glass. Garnish with olive, onion or a lemon twist.

COURTESY LUKSUSOWA

Tales of Twitter gone terribly awry

Watch what you web. Can you be formally disciplined by your employer for your tweets, comments and postings? History tells us, yes.

PARISA NIKFARJAM
TalentEgg.ca

The social media world has become more expansive, and more a part of our everyday routine, so it should be no wonder that it has seeped into our working life as well.

Social media can be a great platform for self or company promotion (think how vast your reach is on LinkedIn, Twitter, Facebook), but at the same time, it can spell demotions, suspensions and terminations.

A perusal of the news is a testament of the career-damaging potential of social media.

Real world examples

Ontario Hockey League
Take for example Joe Monette, an Ontario Hockey League referee, who was suspended for his online posts.

After officiating a game in Sault Ste Marie, Monette took to Twitter and tweeted the following: "Soo Saint Mari, two words, Slim Pickens. #noteeth #hicktown #allfaties."

Not surprisingly, the residents of Sault Ste Marie did not appreciate the comment, and uproar quickly ensued.

In an attempt to quell the upset caused by his tweet, Monette subsequently tweeted: "My tweet last night was not meant to be offensive and was meant as a joke between myself and a buddy of mine that lives in the Soo. I apologize if I offended anybody."

The OHL was not satisfied with Monette's blanket apology, and suspended him for the rest of the season and playoffs.

Mr. Big & Tall Menswear
Following the death of Amanda Todd, a 15-year-old British Columbia teen who took her own life after years of bullying, a Facebook memorial wall was created in her honour. Justin Hutchings of London, Ont., posted a profane comment to that memorial wall, which suggested that he was glad the teen had taken her life.

If you don't "like" the idea of being let go, then be careful what you cast out into the social sphere. ISTOCK

Hutchings' employer, Mr. Big & Tall Menswear was readily identifiable on his Facebook account. Upon learning of the posting, the company immediately terminated Hutchings' employment. Kamy Scarlett, senior vice-president of store operations and corporate HR with the employer, commented that the termination was based on their "zero tolerance for the mistreatment of others no matter what form it takes."

Kent Police
Just outside of another city of London (this time in England), a teen named Paris Brown, who had recently been appointed the first youth police and crime commissioner for Kent, faced similar outrage when her tweets were published in the local newspaper.

In that regard, Brown's tweets bragged about her drinking and drug use, criticized the local pizzeria employees for not speaking "proper English" and included various racist and homophobic comments.

While members of the British Parliament called for Brown's resignation, Brown defended herself by stating that the tweets were taken out of context and that she was "wildly exaggerating" on Twitter.

Despite Kent Police and Crime Commissioner Ann Barnes' supportive statement that Brown's tweets were not unlike the posts of many other teenagers on social media, Brown ultimately resigned.

These recent examples seem to contradict the conventional wisdom that what employees do on their own time is their own business.

Regardless of whether or not an employee's online comments/conduct rises to the level of "just cause" for termination without notice and severance, it remains an employer's prerogative to proceed with a "not for cause" dismissal, and provide appropriate termination arrangements.

In other words, an ill-advised social media post may cost you your job regardless of whether or not it represents "just cause."

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Employment-related misconduct

What has emerged from recent cases is that employers can take the position that an employee's off-site and off-duty conduct online will constitute employment-related misconduct if:

- The employee's conduct harms the employer's reputation.
- The employee's conduct makes the employee unable to perform his/her duties satisfactorily.
- The employee's conduct leads to refusal, reluctance or inability of the other employees to work with him/her (think blogs/posts criticizing coworkers!).
- The employee's conduct makes it difficult for the employer to properly carry out its function of managing its business and efficiently directing its workforce.

NFL

Collarbone injury forces Rodgers to Packers sideline

The Packers' franchise quarterback is taking a seat.

Aaron Rodgers said Tuesday he has fractured his left collarbone and has no idea yet how long he will be out.

He was hurt on a sack by the Bears' Shea McClellin on a third-down play during the Packers' first series while he was scrambling outside the pocket.

So in steps Seneca Wallace, who wasn't even in Packers training camp this off-season, to take over the offence against the Philadelphia Eagles on Sunday.

Wallace was ineffective in relief in the 27-20 loss against the Bears, finishing 11-for-19 for 114 yards and an interception. It was his first game since Jan. 1, 2012. THE ASSOCIATED PRESS

NFL

Texans coach released from hospital after mini-stroke

Texans coach Gary Kubiak is out of the hospital after suffering what the team said was a mini-stroke, but there's no word on when he will resume coaching duties.

The team said the 52-year-old Kubiak suffered a transient ischemic attack at halftime of Sunday's loss to Indianapolis. He was released from hospital on Tuesday and is expected to make a full recovery.

THE ASSOCIATED PRESS

Lions quarterback Travis Lulay hands the ball off to Andrew Harris against the Stampeders in Vancouver on Friday. DARRYL DYCK/THE CANADIAN PRESS

Lions hold off on naming starting QB

CFL. Choice between Lulay, Pierce likely won't be made until Friday

Quoted

"I think everyone that's on the roster has to expect to step in there and contribute." Lions quarterback Buck Pierce

There's no disputing Travis Lulay's status as the B.C. Lions' No. 1 quarterback.

Whether he gets the start when his team visits the Saskatchewan Roughriders in Sunday's CFL West Division semifinal is another question entirely.

Lulay returned from injury last week for one series in the Lions' regular-season finale against the Calgary Stampeders, a 26-7 victory that meant nothing in the standings.

After missing the previous six weeks with an ailing right shoulder, Lulay went 3-for-4 in passing for 54 yards and also scored a rushing touchdown.

That small sample size and veteran backup Buck Pierce's strong play the last two weeks gives Lions coach Mike Benevides plenty to ponder ahead of the weekend tilt in Regina.

"Let's remember, as good as it was last week, it wasn't a lot of work," Benevides said Tuesday of Lulay's short outing against the Stampeders. "There's no doubt it's his team and Buck will tell you the same thing, but right now it's about all of us. It's not about a single person.

"As I told the guys, 'It's not about you, it's not about me. It's about us.' So whatever it's going to take to win the next game, that's what we're going to do."

Benevides added that he likely won't name a starter until after Friday's practice.

Lulay, who was hurt in a victory over the Montreal Alouettes on Sept. 15 and has been slowing rehabbing his throwing shoulder over the last number of weeks, sounds ready to go.

"I'm preparing like I am going to be the starter," said Lulay, the MVP of the Lions' 2011 Grey Cup victory. "I'm hopeful that I can demonstrate that I can make all the throws I need to make and then coach (Benevides) will have a decision to make."

THE CANADIAN PRESS

Doping. Canada sets up anonymous snitch line

With the Sochi Winter Olympics fast approaching, overseers of Canada's elite athletes are hoping to avoid a post-podium national embarrassment.

In an effort to catch cheaters, the Canadian Centre for Ethics in Sport launched an anonymous snitch line Tuesday where athletes and others connected to sport can report allegations of doping.

Canadians want to be reassured that every effort is being made to prevent an embarrassing spectacle in Sochi, centre president and CEO Paul Melia told a news conference in Ottawa. THE CANADIAN PRESS

Quoted

"We lived that once. We don't want to live it again."

Canadian Centre for Ethics in Sport president and CEO Paul Melia cited the bitter memory of the moment sprinter Ben Johnson was stripped of his Olympic gold medal after being disqualified for doping at the 1988 Summer Games.

NHL

Arnott hangs up skates for good

Jason Arnott has announced his retirement after playing 1,244 games in 18 NHL seasons.

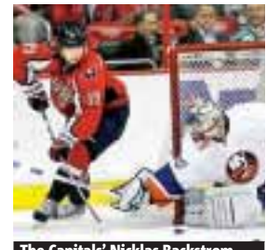
Arnott was the No. 7 overall pick of the Oilers in 1993. He finished with 938 points (417 goals and 521 assists) having also played for the New Jersey Devils, Dallas Stars, Nashville Predators, Washington Capitals and St. Louis Blues.

Arnott had not played since the end of the 2011-12 season. THE CANADIAN PRESS

NHL. Ovechkin picks up where he left off for Caps

Alex Ovechkin returned from a shoulder injury to score his 11th and 12th goals of the season, and the Washington Capitals rode a second-period flurry to a 6-2 win over the New York Islanders on Tuesday night.

After being sidelined for two games, Ovechkin scored twice on the power play in a five-goal second period for the Capitals, who have won three straight and are above .500 for the first time this season (8-7). THE ASSOCIATED PRESS



The Capitals' Nicklas Backstrom puts a shot on the Islanders' net against goalie Evgeni Nabokov
NICK WASS/THE ASSOCIATED PRESS

4 SPORTS

DRIVE 5

Introducing the Dodge Can'avan

All for a good cause.
Creation will help raise poverty awareness

AUTO PILOT
Mike Goetz
drive@metronews.ca

The Dodge Can'avan is probably half-eaten by now. CONTRIBUTED

The solid gold Lamborghini costs several million dollars. CONTRIBUTED

To the list of vehicles constructed over the years with wacky materials add the Dodge Can'avan, made entirely of approximately 30,000 cans of food.

Thirty volunteers built the van of can in about 10 hours at Toronto's Dundas Square last week. It stood on display for a few days, then was disassembled and donated to the Daily Bread Food Bank. It's likely half-eaten by now.

The builders or "can-geneers" were local students, and members of Canstruction. The U.S.-based non-profit agency goes around the world organizing groups to create structures entirely out of canned goods, to help raise awareness of poverty and hunger issues, and to get math, science and technology students pumped up about their futures in engineering, and in community service.

Chrysler thought it was a great way to help out, and to help celebrate the 30th anniversary of the Chrysler minivan, which debuted in 1983.

And like any vehicle made out of a "non-traditional" car-building material, Can'avan is also a great subject for bad puns. Does Can'avan have any working doors? No, just a can opener. "Can" you actually drive it? No, you "can't." Plans for a production version have been "canned." Etcetera.

Building vehicle sculptures out of odd materials is almost an art form of sorts. Let's revisit a few famous ones…

Chevrolet of Cheese
Last year, when The American Dairy Association (ADA) sponsored Terry Labonte's NASCAR program, the ADA commissioned a full-scale "cheese" sculpture of Labonte's Chevrolet racer. Carved from 3,500 pounds of yellow cheddar, it held the title of "The World's Cheesiest Car," which really cheesed off a Gouda-based competitor, who thought the Chevy was not nearly Gouda nough.

Lamborghini of Gold
German car model maker, Robert Wilhelm Gulpen, carved a 1:18 scale model Lamborghini Aventador out of solid gold. Containing 25 kg (55 pounds) of the precious metal and lots of gemstones, the model is estimated to be worth several million — lots more than a regular, full-scale $400,000-plus Aventador. I can't afford either, but especially the solid gold one.

Ferrari of Lego
This creation is a full-scale model of Ferrari's 2011 Formula 1 racer. It took a team of 16 Lego experts six months to plan and assemble the hundreds of thousands of Lego bricks. The build time could have been cut down by a few weeks, but the team insisted on keeping to their mid-afternoon schedule of naptime, story time, and snacks.

Toyota of Ice
Artists carved a full-scale Toyota Land Cruiser, complete with interior, out of solid ice for a Russian winter festival. It was super slick, but when you used the defroster the whole windshield disappeared.

Bugatti of Cigarette Packs
Engineering students in China used 10,280 cigarette packs and eight months to build a replicable of a Bugatti Veyron. No time or space for a pun. Got to butt out.

Hey big spender: Going global = lots of green

Driving force.
Automakers spend big and research on a grand scale to see if we the consumer will buy a global model

JIL MCINTOSH
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Choosing carefully

"Different markets have different demands for engines because of regulations and taxes."
Matthew Wilson, product planning manager for BMW Canada

Canadians love the BMW 5-Series wagon but not enough for BMW to import it. PHOTO: BMW

While almost all automakers sell their cars and trucks in various markets around the world, not every model makes it into every market. It takes an enormous amount of research, time and money to determine which vehicles, or which engines or body configurations, should be brought to the Canadian market.

"We look at where we see trends going, such as a move toward smaller-displacement engines and improved fuel efficiency," says Matthew Wilson, product planning manager for BMW Canada. "Different markets have different demands for engines because of regulations and taxes."

Europe has emissions and crash-test standards that differ from North America's requirements, and it's very expensive to run vehicles through the tests required here, especially if changes have to be made to meet them. Because Canada is a relatively small market, automakers here tend to work with their U.S. counterparts on models that will be sold in both countries, to get the volume needed to cover these costs.

Once a car meets the requirements, the company then has the expense of importing, stocking, and marketing it. If the vehicle won't sell enough copies to cover this, it isn't a viable candidate to import.

Wilson says that while the BMW 5 Series Touring station wagon is popular in overseas markets, it's no longer offered in Canada for this reason. "We used to have it, but the market is extremely small," he says. "We only had a potential 100 to 150 units per year in Canada, so we've opted not to bring it. The buyers (who want wagons) are vocal, as are those who like manual transmissions, but the volume potential is extremely small and doesn't justify the cost."

Diesel fuel is also a big question, since it's not yet as popular in North America as it is overseas. In Europe, some cars may offer as many as three different diesel engines, with only a single gasoline engine. "On the current-generation 3 Series, we have three gas engines but one diesel," Wilson says. "It's a smaller market here, whereas in Europe, diesels are 70 to 80 per cent of the market."

Automakers also have to look at how a new model will fit into the current lineup. One that's similar in size or price to an existing model could potentially take sales away from it or lose customers to it, reducing the sales volumes that each needs to cover the fixed costs of bringing it to the Canadian market.

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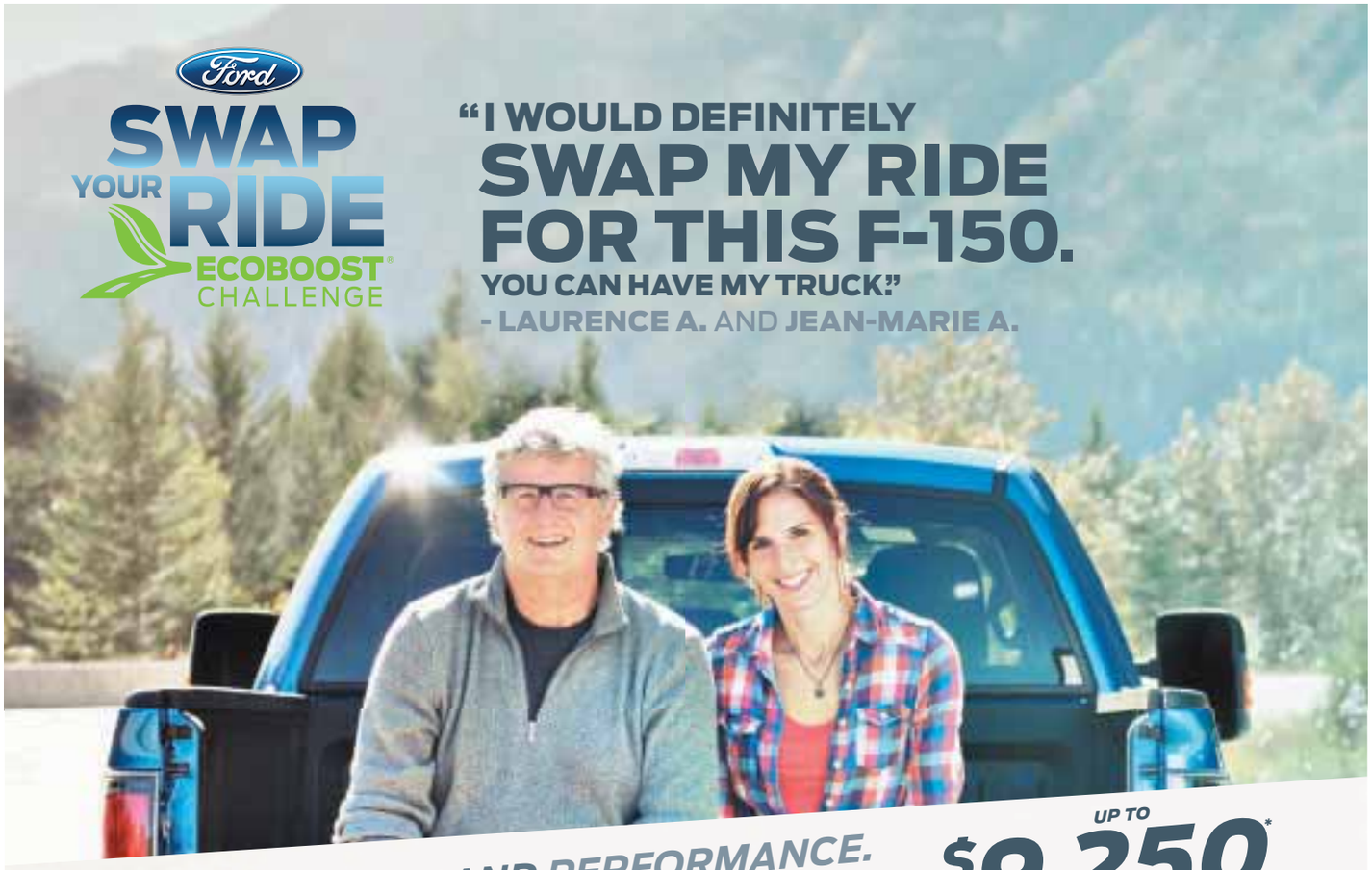

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Is this really someone's garage?

Autoknow. Because it looks like a place where stuff goes to die.

LISA CALVI
wheelbasemedia.com

The Clutter isn't just an organizational problem. How many of you think there's no way that this classic Mustang will escape scratches with all this going on around it?

Aside from throwing out stuff you never use, it's important to group together what remains in some sort of order so that you can actually find what you're looking for when you're looking for it. ALL IMAGES WHEELBASE

The four corners of the garage are magnets for stuff. Here, it began with a few innocent boards.

All those scraps of wood around the garage can be used to make shelving to get stuff off the floor. Or to get your old TV and audio gear out of the basement and into service.

Fall cleanup generally refers to raking leaves. If you could only find the rake. And your work gloves. Wow, what happened to the garage?

In one corner, an assortment of crap that Peter Walsh simply calls the "are-you-kidding-me?" pile. Across the way, there's a dateless stack of seasonal "stuff" apparently meant to celebrate the spirit of Christmas.

Walsh, the famous Clutter Buster from the Oprah Winfrey Show, is trying to develop a cleanup plan as he scans this jumbled mess that includes everything from pet carriers and sports equipment to 1970s music posters and cans of engine oil that may be older.

Sound familiar?

Without detection, your garage has again transformed from an organized storage space into a purgatory for items that fit nowhere else. A walk-in junk drawer, if you will. "Garages are the elephant burial ground of the 21st century," Walsh said in an article posted on Oprah.com. "Stuff goes in. Stuff never comes out."

So what's the best approach to sorting and cleaning garage clutter without going missing while you're on the job site?

Walsh offers a simple and inexpensive three-step plan to help reclaim and organize your estranged garage space.

Step 1: Take full inventory and spare no prisoners.

Any garage makeover must start with what Walsh calls "clutter-cide," a test of separation anxiety that forces folks to let go of things "I might need someday."

Every item goes in one of four piles: keep; sell; donate; or dumpster. The memories in the mess often make this step difficult to get through, but keeping the sentiment out of the cleanup makes the garage a happier place.

A good rule of thumb is if you haven't needed something in the last year, you won't need it in the next decade.

Step 2: Mark your turf.

Obviously, adequate parking space is the top priority in most garages. But holiday decorations, gardening tools and sports gear are also storage staples. To keep common items best organized, Walsh stressed that using tape or paint to divide the garage into specific storage "zones" makes certain that Santa isn't sharing his space with a common lawn gnome.

"When everything has a designated area," Walsh said, "you always know where it belongs, which helps set limits on volume."

Specific storage zones will also help everyone know visually what goes where, and increase the odds the baseball bat gets returned to sporting goods and not put into auto parts. Pegboard is another cheap and easy way to hang tools and keep your garage organized when the toolbox becomes too stuffed to latch.

Step 3: Store with purpose.

This is the part of the process where inventory clearance and space management show desired results. Storing boxes vertically maximizes garage space and keeps property best organized. And Walsh stresses that plastic bins are the only way to store because they can be stacked, they are sturdy and they come in different colours and sizes for easy inventory recognition. Being liquid proof also has its advantages in a garage setting. All bins should be colour-coded by contents (perhaps red for holiday), labelled and stacked where the most frequently used items are the most accessible. In a perfect garage, shelves are used for storage and nothing is kept on the floor, allowing for easy cleaning. But different budgets bring less-than-perfect options. If money is no object, garage makeover companies are popping up all over the Internet and elsewhere. But for the more frugal, the following is a short list of four more do-it-yourself tips that go a long way.

Quoted

"Garages are the elephant burial ground of the 21st century. Stuff goes in. Stuff never comes out."

Peter Walsh, the Clutter Buster from the Oprah Winfrey Show

Rent a dumpster

Anyone who has ever gutted a garage underestimates how much "trash" is actually in there. An Internet search for "dumpster rental" will give a comparison of local prices, and for about the cost of dinner for four out on the town, a company will deliver and pick up a dumpster that will pay for itself in convenience and time saved.

Plastic preferred

Walsh warns that rodents love to chew wire coatings in cars and homes, and plastic storage bins with locking lids help to keep them out. Cardboard boxes, unprotected paper and loose fabrics provide a "mice" place for these pests to thrive and multiply.

Chemical care

The temptation during garage cleanup is to stuff all of those unwanted chemicals and paint cans into a garbage bag and send them off to a landfill near you. That's obviously a bad idea given the contaminants these products put into the soil and groundwater. The site earth911.com offers a recycling directory for safe and nearby disposal of these toxic materials.

Magnetic personality

Magnetic knife holders sold at any kitchen supply store can be easily mounted to any wall or pegboard and will extend the life of paintbrushes by keeping the bristles clean and damage free during drying and storage. Other metal tools and utensils can also be conveniently hung and kept out of the way on these magnetic strips. But even the best intentions and organization require ongoing maintenance when it comes to keeping your space clean. Because without some routine attention, Santa and the lawn gnome would both tell you that nothing clutters up around the house faster than a garage.

Horoscopes

♈ Aries
March 21 - April 20
By all means, think big but before you put your latest plan into effect, make sure there are no obvious holes in it. Even a minor error could hold you back, so check, double check, then check again to be safe.

♉ Taurus
April 21 - May 21
Try not to take out your frustrations on friends. It's not their fault you can't seem to get your act together. The only way you are going to improve your mood is to ease up and stop expecting so much of yourself.

♊ Gemini
May 22 - June 21
There is a rational explanation for everything that happens. Keep that in mind today and you'll do fine. However, just because there is an explanation does not mean you will find it. Maybe the time's not right.

♋ Cancer
June 22 - July 23
You may not want to admit that a colleague's big idea is better than your own but everyone else can see it so you might as well accept the fact. It's OK.

♌ Leo
July 24 - Aug. 23
You may think you have to cut back on essentials but that would be a false economy. Just because you take a step backward does not mean you will move forward any faster.

♍ Virgo
Aug. 24 - Sept. 23
By all means, point the finger if you can prove who the guilty party is but if there are any doubts, you must keep your suspicions to yourself. It could be you have got the bad guys and good guys mixed up.

♎ Libra
Sept. 24 - Oct. 23
What you say and do must be consistent or you'll leave yourself open to charges of hypocrisy. That applies on the work front, where colleagues will not be impressed if you fail to practice what you preach.

♏ Scorpio
Oct. 24 - Nov. 22
You may regret having made certain decisions but there is no need to feel sorry for yourself. Nor is there any reason to change course. All roads lead to where you need to go, so just keep walking.

♐ Sagittarius
Nov. 23 - Dec. 21
You want to tell others how you feel but for some reason, the words won't come. Maybe you should take the hint and keep your feelings to yourself, at least for now.

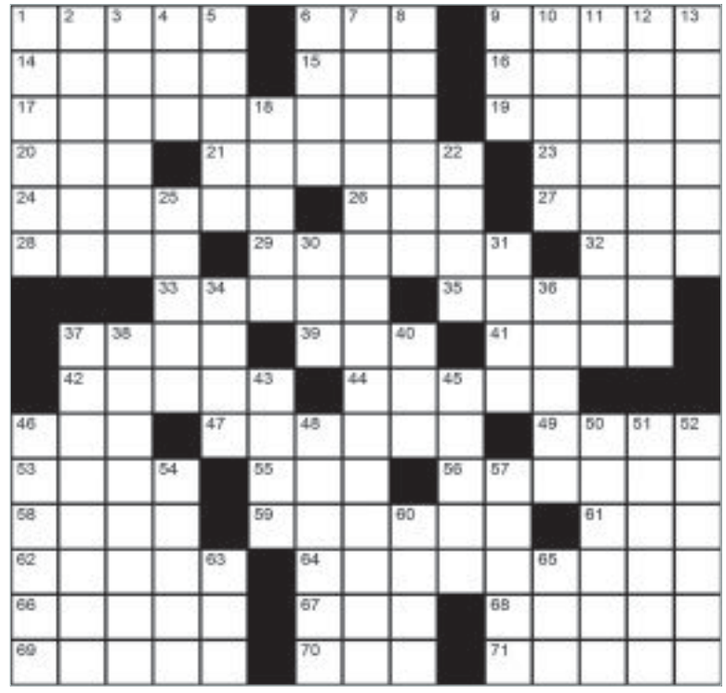
♑ Capricorn
Dec. 22 - Jan. 20
Even a Cap takes a wrong turn sometimes so don't get angry with yourself if you have to retrace your steps today. The worst thing you can do is to blunder ahead regardless. There's a steep drop up ahead.

♒ Aquarius
Jan. 21 - Feb. 19
What is painful in the short term may be beneficial in the long term, so don't give up on what you are doing yet. The more you have to work at something, the more likely it is you will master it.

♓ Pisces
Feb. 20 - March 20
You may have to be economical with the truth today, especially if there is information you need to keep out of the hands of your rivals. SALLY BROMPTON

Crossword: Canada Across and Down

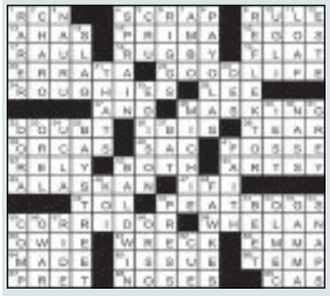
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Do cartography work again
6. Great Expectations character
9. Capital of Senegal
14. Gladden
15. Record label for Elvis
16. Mary J. of song
17. Nova Scotia community, a name Beatles fans must love
19. ArmÈe du __ = The Salvation Army
20. Tree tool
21. Indicate
23. Nero's 1502
24. Festive strands
26. Hosp. area
27. Tree trunk
28. Formerly
29. Rise
32. "Waking __ Devine" (1998)
33. Butcher shop waste
35. Succeed in life: 2 wds.
37. Dynasty of ancient China
39. __ Mahal
41. Songstress Ms. Simone
42. "The Planets" composer: Gustav __ (b.1874 - d.1934)
44. More recent
46. 'P' in MPH
47. Quash
49. Think, archaically
53. Trompe l'__ (Visual illusion)
55. Mr. Cruise
56. Stick to
58. Rocker Mr. Osbourne
59. Of service
61. FOX cartoon, "American __!"
62. Satellite of Saturn
64. Ex-RCMP officer on "Dragons' Den", Jim __
66. Tennis great Ivan
67. Sanctions
68. Faint trace
69. S s sSssS
70. Clock setting in St. John's, commonly
71. "Egads!"

Down
1. "There's not anything to which you can't __..." - Alanis Morissette, "Everything"
2. Magical potion
3. Experts
4. Lunched
5. As such, Latin style: 2 wds.
6. '70s music genre, __-Rock
7. CN Tower and Parliament Buildings, for example: 2 wds.
8. Princess' house
9. Sound loudness units [abbr.]
10. Gentle as _ __
11. Area of Winnipeg, West __
12. "The Voice" coach Christina
13. Made the score even again
18. Rice dish
22. Breather's need
25. Tavern chair
30. SNL night, for short
31. Finished
34. Be a mother hen
36. Colin of movies
37. Canadian snacks
38. Skylines
40. 'Game' in Gaspe
43. Dancer's dress
45. "__ __ live in a yellow submarine..." - The Beatles
46. Second smartest dog
48. #64-Across' restaurant chain, __ Pizza
50. Stuff in a teacher's correcting pen: 2 wds.
51. Juice source
52. Some higher-heeled shoes
54. "The Hollywood Squares" centre square occupant, Paul __
57. God
60. Top
63. Chicago trains
65. IV + III's equivalent

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	8	9	3	7	1	6	5	4
7	4	3	6	8	5	2	1	9
1	5	6	2	9	4	3	8	7
6	2	1	7	4	8	5	9	3
4	9	5	1	3	6	8	7	2
3	7	8	5	2	9	4	6	1
5	3	7	9	6	2	1	4	8
8	6	2	4	1	7	9	3	5
9	1	4	8	5	3	7	2	6

	2		8					
8	9					4		6
		6		2				7
3		5		8	1			
	1						4	
			9	4		5		3
4				1		8		
6		2					7	4
					5		3	

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